

ABSTRACT OF THE DISCLOSURE

- Exercise device and method in which the device comprises a pair of elongated flexible straps, with hand grips and an anchor attached to the straps. The straps are adapted to pass between a door and the jamb in which it is mounted, with the anchor and the grips on opposite sides of the door, and the anchor abutting against the door to retain the straps in position
- 5 when a pull is exerted on them by an exerciser. The exerciser leans away from the door, and does an exercises while holding the grips and leaning so that the weight of his body serves as resistance for the exercises.